



MyPyramid Audio Podcasts

Organize Your Refrigerator

[Intro Music] Welcome to MyPyramid Podcasts. They're brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, sharing tips you can use everyday to eat right and get active.

[Sound Effects: fridge opening/closing] Have you taken a look in your fridge lately? You may not know it, but organizing your refrigerator will help you make better food choices. For starters, keep packages of frozen veggies stashed in the freezer. This is a great way to get veggies on the dinner table in a snap. Also, keep some ready-to-eat veggies in clear containers at eye level. Seeing ready-to-eat foods makes it easy get your veggies in. Move sodas to the back of the fridge and move the milk to the front. This makes it just a little harder to reach for the soda, so you'll go for the milk instead.

That's all for today. To see these tips in action on a video podcast, go on our website at MyPyramid.gov. While you're there, check out our other great tips on how to eat and live healthy. See you soon!